



February 6, 2025

Dear Fellow NTCA Members:

It is no secret that the previous days, weeks, and months have been concerning and stressful. In the past weeks, many of us have been notified of budget reductions, been required to submit budget revisions, have had to work to comply with Presidential Executive Orders, and been flooded with news that only adds to the uncertainty related to the federal government.

Some things to keep in mind that have been relayed to me include:

- The FY 2025 Continuing Resolution expires on March 14th. Be aware of this upcoming deadline and the additional uncertainty that surrounds the federal budget.
- Many expect that Robert F. Kennedy Jr. will be confirmed as HHS Secretary. The timing of the full Senate confirmation vote is to be determined. In addition, timing of confirmation hearings for a CDC director are unknown.
- You may be hearing the terms "Impoundment" and "Apportionment" especially in upcoming legal responses/brief to federal action. The Coalition for Health Funding held a webinar on these topics. This webinar can be accessed at https://www.youtube.com/watch?v=7eu5_y_s_W0. Please note that this webinar precedes the Executive Orders.

Although I do not have a magic ball to know what lies ahead in the days, weeks, and months, I want to share some things that I have done to help keep me grounded and somewhat calm in the uncertain environment:

- Connect with people: spend time with those you love and with those that lift you up and create a positive environment;
- Hobbies: for me this has been coloring and putting puzzles together;
- Exercise: go for a walk during the workday or after work or do some physical activity of your choice;
- Pets: if you have pets, spend some time petting and cuddling. It has been shown that spending time petting or cuddling with your pet can lower your blood pressure.

Finally, and perhaps most importantly, remember the importance of the work that you do and take pride in it. We, as the TB community, are saving lives, improving the quality of lives of those we serve, and keeping the public as a whole safe.

Sincerely,

Jason Cummins | Current NTCA President